



Trans Healthcare Maryland

because you shouldn't have to know more than your doctor.

Your skin is tougher than you think!

Every time you push a needle through your skin, the point loses its sharpness.

Using a sharp needle lowers the risk of infection, abscesses, and other damage.



- If you mess up, swap in a new needle
- Estradiol and Testosterone are syrupy; use a thicker needle for draw, then switch to a thinner needle for injection
- Many trans folks use 18 gauge needles for draw and 22 to 25 gauge needles for injection
- Safely dispose of your needles in a sharps container at your local syringe exchange, which will have new needles



Be Safe!

**Use a new needle
every time
you inject**

